



Planning



Washington Grown Produce Seasonality Chart

Fruits and Herbs

categories	produce	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fruits	Aprirots																
	Cantaloupe																
	Nectarines																
	Peaches, yellow																
	Plums, purple																
	Blackberries																
	Blueberries																
	Cantaloupe																
	Honeydew melon																
	Kiwiberries																
	Raspberries																
	Strawberries																
	Apples																
	Asian pears																
	Cherries, Bing																
	Cherries, Rainier																
	Currents																
	Grapes																
	Pears																
	Pluots																
Herbs	Quince																
	Watermelons																
	Frozen berries																
	Basil																
	Chives																
	Cilantro/Coriander																
	Dill																
	Fennel																
	Lavender																
	Garlic																
Herbs	Mint																
	Oregano																
	Parsley																
	Rosemary																
	Sage																

* Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.

Sources include: Washington State Department of Agriculture (WSDA); Washington Agricultural Commodity Commissions; WSDA from the Heart of Washington; Puget Sound Fresh; WSDA Farm-to-School survey responses; Full Circle Farm; Tomemaker Family Orchard
Made possible by funding from the Department of Health and Human Services and Public Health - Seattle & King County



Washington State Department of Agriculture

Revised April 2012

Do you need this publication in an alternate format?
Contact the WSDA Receptionist at (360) 902-1976 or TTY Relay (800) 833-6388

AGR PUB 607-339



Washington Grown Produce Seasonality Chart

Vegetables and Legumes

Organized by 2012 USDA Nutrition Standards Vegetable Subgroups

categories	produce	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dark-Green	Arugula																
	Beet green																
	Bok Choy, baby																
	Broccoli																
	Braising Mix																
	Chards																
	Collard greens																
	Dandelion greens																
	Endive, Curly (Frisee)																
	Escarole																
	Kales																
	Kohlrabi greens																
	Lettuces, butterhead*																
	Lettuces, loose-leaf*																
	Lettuces, Romaine*																
	Mustard greens																
	Mizuna																
	Rapini (Broccoli Rabe/Chinese broccoli)																
	Salad mix (Mesclun**)																
Red & Orange	Spinach																
	Turnip greens																
	Watercress																
	Carrots	‡	‡														
	Peppers, red																
	Pumpkins																
	Sweet potatoes (yam)	‡	‡	‡													
	Tomatoes																
	Winter squash, Acorn																
	Winter squash, Butternut																
Legumes	Winter squash, Hubbard																
	Black beans, dry																
	Cranberry beans, dry																
	Garbanzo/Chickpea, dry																
	Great Northern beans, dry																
	Kidney beans, dry																
	Lentils, dry																
	Navy beans, dry																
	Pink beans, dry																
	Pinto beans, dry																

* Iceberg lettuce is listed in Other subgroup on page 2 as it does not meet the criteria for Dark-green.
** Mesclun often includes arugula, chervil, leafy lettuces, endives and other greens such as mizuna, radicchio or sorrel.
‡ Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.
*** Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.

Sources include: Washington State Department of Agriculture (WSDA), Washington Agricultural Community Commission (WACC), Washington State University Extension, For Sale Farm, Island Farm, and Thompson Family Orchard

Made possible by funding from the Department of Health and Human Services and Public Health - Seattle & King County



Washington Grown Produce Seasonality Chart

Vegetables and Legumes

Organized by 2012 USDA Nutrition Standards Vegetable Subgroups

categories	produce	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Starchy	Corn/Sweet Corn, fresh																
	Corn/Sweet Corn, frozen																
	Green peas/shell peas, fresh																
	Green peas/shell peas, frozen																
	Potatoes, fingerling																
	Potatoes, purple																
	Potatoes, Yukon/Red/Russet etc.																
	Sunchokes (Jerusalem artichoke)																
	Asparagus																
	Artichokes																
	Beets, red/golden/Chioggia etc.	+								+	+	+	+	+			
	Brussels sprouts																
	Cabbages, green																
	Cabbages, red																
	Cabbages, savoy																
Other	Cabbages, napa																
	Carrots, purple																
	Carrots, white																
	Cauliflower & Romanesco																
	Celery																
	Celery root (celeriac)																
	Cucumbers																
	Fennel																
	Green beans																
	Green peas, snap/snow																
	Kohlrabi, root																
	Leeks																
	Lettuce, Iceberg																
	Mushrooms, Crimini/Enoki/Oyster/Portabella/Shiitake/White																
	Onions, yellow/storage																
Other	Onions, sweet/Malla Walla																
	Parsnips																
	Pea vines																
	Peppers, green																
	Peppers, purple/chocolate/white																
	Peppers, yellow/orange																
	Radicchio (Chicory, red-leaved)																
	Radishes																
	Rhubarb																
	Rutabaga																
	Summer squash, white scallop																
	Summer squash, yellow																
	Summer squash, zucchini																
	Tomatillos																
	Turnips, root																

* Medium often includes anguila, chervil, leafy lettuces, endives and other greens such as mizuna, radicchio or sorrel.
† Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.
** Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.

Sources include: Washington State Department of Agriculture (WSDA), Washington Agricultural Commodities Commission, USDA from the report of Washington, August Survey Report, WSDA
Notes to follow survey responses, and direct from, National Farm, National Farm, and National Farm, National Farm
Make possible by funding from the Department of Health and Human Services and Public Health - Seattle & King County



Washington State Department of Agriculture

Revised April 2012

Sample Specifications for Fresh Washington-grown Produce

There are important elements to consider when you draft specifications for local food items, such as size, quantity, quality, cleanliness, packaging, food safety and delivery. The tables below list sample specifications for produce available in Washington State based on the U.S. Grade No.1 criteria. Specifications are listed alphabetically by produce item and are for fresh, whole fruits and vegetables

Sample general specifications:

Produce Grade:

- Unless otherwise specified, the district is looking for grade 1 (or grade A). If second quality is sought for, it should be packed separately and clearly represented as second quality.
- Size, color, maturity and shape should be uniform within a package, a grade and a shipment. Misshapen, off-color, bruised or scarred produce does not belong in a first quality package at all.
- Specifications include consideration of: degree of ripeness or maturity, condition upon receipt of product, age of product, weight range, preservation or processing method, US Standard for Grade, and temperature during delivery and upon receipt.

Produce, fresh/non-processed:

Product	Condition/Description	Variety	Count	Packed	Layer or bulk	Price	Projected Quantity	Minimum Delivery	Months Available
Apples	Ripe, well formed, firm, crisp, juicy, smooth skin free of blemishes, bruises and scars. Color typical of variety. Size: 2.5-3 inches in diameter; not exceeding 3.5 inches in diameter	List Variety:	163 ct/cs Will consider 125-150 ct/cs		layered				

[Sample specifications table for Washington-grown produce]

CPW Kent School District – Farm to School Program
Washington State Department of Agriculture

Apricots	Mature, not overripe or shriveled, well formed, free from decay, skin breaks, worm holes, blemishes, bruises, brown spots, and insects. Color typical of variety. Size 1 ½ inches minimum in diameter; not exceeding 3.5 inches in diameter			layered					
Apriums	Mature, not overripe or shriveled, well formed, free from decay, skin breaks, worm holes, blemishes, bruises, brown spots, and insects. Color typical of variety. Size 1 ½ inches minimum in diameter; not exceeding 3.5 inches in diameter	Any variety		layered					
Asparagus	Fresh, well trimmed, fairly straight/not badly misshapen, and free from decay, damage or broken tips, dirt, disease, and insects etc. Color typical of variety, not less than 2/3 of the stalk length. Size: each stalk not less than ½ inch in diameter	Green							
Asian pears	Ripe, well formed, firm, crisp, juicy, smooth skin free of blemishes, bruises and scars. Color typical of variety. Size: 2.5-3 inches in diameter; not exceeding 3.5 inches in diameter	Any variety	163 ct/cs Will consider 125-150 ct/cs						

Reference: Bozeman Public Schools Farm to School Program “Product Availability and Pricing Form” (Bozeman, MT), USDA Agricultural Marketing Service “Fresh Market Fruit Grade Standards” and “Fresh Vegetable Grade Standards”.
Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

[Sample specifications table for Washington-grown produce]

CPPW Kent School District – Farm to School Program
Washington State Department of Agriculture

Beets	Firm, fairly smooth and well shaped, fairly clean and free from soft rot and damage. Greens/tops removed. Washed.	Red								
		Golden								
		Chioggia								
Blackberries	Well colored, well developed, not overripe, shriveled or broken. Free from cores, mold, decay and insects.	Any variety								
Blueberries ¹	Fruit should be blue and firm, not overripe or crushed; free from decay, injury, mold, insects and mummified berries. Uniform in size.	Any variety								
Broccoli, crown ²	Firm heads, tight with dark green or purple buds. Free from decay and damage. Closely trimmed.	Any variety								
Brussels Sprouts, buds ³	Well colored, not withered or burst. Free from soft decay, discoloration, dirt, insects or disease. Uniform in size, each sprout not less than 1 inch or not more than 2 inches in diameter (*specify if buds on the stalk is acceptable)	Any variety								
Cherries	Mature, well colored, well formed, clean, not	Bing								

¹ Blueberries do not ripen after harvest. Look for deep purple or blue-black color with a silvery sheen.

² If you need florets, see the spec for value-added.

³ If you need trimmed, washed, see the spec for value-added

Reference: Bozeman Public Schools Farm to School Program “Product Availability and Pricing Form” (Bozeman, MT), USDA Agricultural Marketing Service “Fresh Market Fruit Grade Standards” and “Fresh Vegetable Grade Standards”.

Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

[Sample specifications table for Washington-grown produce]

CPW Kent School District – Farm to School Program
Washington State Department of Agriculture

	shriveled, and free from decay, insect larvae or insect injuries. Size: not less than ¾ inch in diameter	Rainier								
Carrots	Fresh picked, firm, fairly well colored and well formed. Free from soft rot and damage. Greens/tops removed. Washed.	Orange								
		Rainbow								
Carrots with the tops	Fresh picked, firm, fairly well colored, well formed and consistent in size. Free from soft rot and damage. Greens/tops free from decay, damage, discoloration, and disease. Washed.	Orange								
		Rainbow								
Cauliflower, crown ⁴	Clean, compact curds with color typical of variety. Closely trimmed leaves. Fairly clean and free from browning, decay, insects, or damage.	Any Variety								
Cherries	Mature, well colored, well formed, clean, not shriveled, and free from decay, insect larvae or insect injuries. Size: not less than ¾ inch in diameter	Bing								
		Rainier								
Corn, sweet	Uniform size and color. Sweet, well-developed kernels. Free from insect injury, damage, or decay.	Yellow, white, or bi-color								

⁴ If you need florets, see the spec for value-added

Reference: Bozeman Public Schools Farm to School Program “Product Availability and Pricing Form” (Bozeman, MT), USDA Agricultural Marketing Service “Fresh Market Fruit Grade Standards” and “Fresh Vegetable Grade Standards”.

Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

[Sample specifications table for Washington-grown produce]

CPPW Kent School District – Farm to School Program
Washington State Department of Agriculture

Cucumbers, slicing	Fairly well colored and well formed. Fresh, firm, free from decay, sunscald or damage.	Any Variety							
Green Beans ⁵	Ripe, fairly well formed, full pods. Fairly bright in color and fairly tender. Free of decay and damage. Loose dirt removed.	Any Variety							
Kale	Well trimmed, not stunted. Free from decay, insects, discolored leaves ⁶ , wilting, or damage.	Any variety							
Kiwiberries	Mature, well formed, not overripe, or crushed. Free from decay, injury, mold, and insects. Color: darker green. Size: not less than ¾ inch in diameter	Any variety							
Lettuce ⁷	Fresh cut with bright color, well developed, well trimmed. Free from browning, decay, insects and wilt. Washed.	Romaine, Red Leaf, or Butterhead							
Melons ⁸ (Cantaloupe, Watermelon, Honeydew)	Mature, fairly well formed, firm, not overripe. Free from damage, decay, or disease.	Any Variety							

⁵ If you need trimmed, see the spec for value-added

⁶ U.S. Commercial grade standard allows “bronze or slightly yellowish color affecting only the edges of the leaves, provided these edges are not dried”

⁷ If you need chopped, see the spec for value-added

⁸ If you need cut melons, see the spec for value-added

Reference: Bozeman Public Schools Farm to School Program “Product Availability and Pricing Form” (Bozeman, MT), USDA Agricultural Marketing Service “Fresh Market Fruit Grade Standards” and “Fresh Vegetable Grade Standards”.

Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

Onions ⁶	Firm, fairly smooth and well shaped, fairly clean and free from soft rot and damage. Greens/tops removed.	Red ,Yellow, White or Walla Walla							
Onions (Scallions) ⁹	Fresh, clean with bright dark green tops, well-trimmed. Free from dirt and major defects. <i>(if prefer clipped tops, specify)</i>	Green (Scallions)							
Pears	Mature, ripe, well formed fruit. Free from blemishes, bruises, scars, and insect injury. Size: 2.5-3 inches in diameter; not exceeding 3.5 inches in diameter	Bartlett, Bosc, D'Anjou, Red or Equivalent	163 ct/cs Will consider 125-150 ct/cs						
Peaches	Mature but not soft or overripe. Well formed, free from decay and damage caused by bruises or insects. Fairly well-colored. Size: 2.5-3.5 inches in diameter; not more than 3.5 inches in diameter	yellow							
		white							
Pea pods	Fresh, clean, fairly well filled pods with good color, young and tender. Free from broken, decay, damages, discoloration, flabby and mold. Size: pods not less than 2 inches in length	Sugar snap, snow or sweet peas							

⁹ US Grade Standard size: "Small" – less than ½ inch; "Medium" – ½ - 1 inch, inclusive; and "Large" – over 1 inch.

Reference: Bozeman Public Schools Farm to School Program "Product Availability and Pricing Form" (Bozeman, MT), USDA Agricultural Marketing Service "Fresh Market Fruit Grade Standards" and "Fresh Vegetable Grade Standards".

Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

[Sample specifications table for Washington-grown produce]

CPPW Kent School District – Farm to School Program
Washington State Department of Agriculture

Peppers, sweet	Firm, well-shaped, well colored. Free of decay and injury.	Red, Green, Purple/White, or Yellow etc.							
Plums	Fairly well-formed, well colored, ripe, clean fruit. Free from blemishes, bruises, scars, and insect injury. Size: 2-3 inches in diameter	Any variety							
	Fairly well-formed, well colored, ripe, clean fruit. Free from blemishes, bruises, scars, and insect injury. Size: not less than 1 ¼ inches in diameter	Italian							
Pluots	Fairly well-formed, well colored, ripe, clean fruit. Free from blemishes, bruises, scars, and insect injury. Size: 2-3 inches in diameter	Any variety							
Potatoes	Firm and smooth, not wrinkled; free of soft and/or dark spots, cut surfaces, greening, sprouts, or damage. Color typical of variety. Loose dirt removed.	Bakers	100 ct/cs 70 ct/cs 60 ct/cs						
	Firm and smooth, not wrinkled; free of soft and/or dark spots, cut surfaces, greening, sprouts, or damage. Color typical of variety. Loose dirt removed.	All other varieties							

Reference: Bozeman Public Schools Farm to School Program “Product Availability and Pricing Form” (Bozeman, MT), USDA Agricultural Marketing Service “Fresh Market Fruit Grade Standards” and “Fresh Vegetable Grade Standards”.

Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

[Sample specifications table for Washington-grown produce]

CPW Kent School District – Farm to School Program
Washington State Department of Agriculture

Radishes ¹⁰	Fresh picked, firm, clean, fairly well colored and well formed. Free from soft rot and damage. Greens/tops removed. Washed.	Non-spicy variety								
Raspberries	Well colored, well developed, not overripe, shriveled or broken. Free from cores, mold, decay and insects. ¹¹	Any variety								
Rhubarb	Fresh, tender, well-colored, clean and well-trimmed. Free from decay and damages. Size: not less than ¾ inch in diameter; not less than 10 inches in length.									
Rutabagas, topped	Firm, well trimmed, fairly smooth, fairly well shaped, fairly clean. Free from soft rot and serious damage. Size: not less than 1 ¼ inches in diameter									
Salad greens	Freshly cut. Tender, with no yellowing, decay, or damage.	Ass't varieties								

¹⁰ “topped radishes” – with the tops/greens clipped back to not more than 3/8 inch in length; “bunched radishes” – with full length tops/greens tied in bunches. Size: “small” – less than ¾ inch in diameter; “Medium” – ¾ - 1 inch in diameter; “Large” – 1 – 1 ¼ inches in diameter; and “Very large” – over 1 ¼ inches in diameter.

¹¹ Raspberries are highly perishable and should be used within 1-2 days after arrival; may decay if allowed to stand at room temperature, and due to varietal differences the appearance of red can vary from dull and dark to bright and shiny.

Reference: Bozeman Public Schools Farm to School Program “Product Availability and Pricing Form” (Bozeman, MT), USDA Agricultural Marketing Service “Fresh Market Fruit Grade Standards” and “Fresh Vegetable Grade Standards”.

Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

[Sample specifications table for Washington-grown produce]

CPPW Kent School District – Farm to School Program
Washington State Department of Agriculture

Spinach	Fresh, well grown, clean and well trimmed. Loose dirt removed. Free from decay, coarse stalks, discoloration, wilting, and insects. Color: Dark green. Minimum mechanical damage (crushed, torn or broken leaves in the bunch)	bunched	25-lb. bushel carton 20-lb. carton (24 bunches/cs)						
	Fresh, well trimmed, free from coarse stalks, crowns, roots, decay, discoloration, wilting, insects. Color: dark green	leaves							
Squash, summer	Fresh, fairly young and tender, well formed, and firm. Free from decay, soft rot or wet breakdown, and damage.	Green (zucchini etc.) Yellow (crookneck, straightneck)							
Squash, winter	Well matured with color typical of variety. Not broken or cracked. Free from soft rot or wet breakdown, serious damage.	Butternut	35-lb cartons 12-lb flats (6 quarts)						
Strawberries	Red in color. Firm, not overripe or undeveloped. Free of defects, mold, decay or damage. Size: each berry is not less than ¾ inch in diameter	Any variety							

Reference: Bozeman Public Schools Farm to School Program “Product Availability and Pricing Form” (Bozeman, MT), USDA Agricultural Marketing Service “Fresh Market Fruit Grade Standards” and “Fresh Vegetable Grade Standards”.
Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.

[Sample specifications table for Washington-grown produce]

CPW Kent School District – Farm to School Program
Washington State Department of Agriculture

Sweet potatoes	Firm, smooth, not wrinkled, and fairly clean and well shaped. Free of soft and/or dark spots, cut surfaces, sprouts, or damage. Color typical of variety. Loose dirt removed. Size: not less than 1 ½ inches in diameter; max wt not more than 36 oz	Jewel (orange flesh)	20-lb case 10-lb case							
Tomatoes (Cherry, grape or slicing)	Mature, firm and fairly well formed, clean, and free of decay, bruises, cuts or broken skins, and mold. Color typical of variety.	Ass't varieties								
Turnips ¹²	Firm, well trimmed, fairly smooth, fairly well shaped, fairly clean. Free from soft rot and serious damage. Size: 2-3 inches in diameter	White Purple top								
Other:										

¹² “Bunched” – tied in bunches; either with full-length tops or removed to not less than 6 inches; “Short-trimmed tops” – with leaf stems ranging to not more than 4 inches in length

Reference: Bozeman Public Schools Farm to School Program “Product Availability and Pricing Form” (Bozeman, MT), USDA Agricultural Marketing Service “Fresh Market Fruit Grade Standards” and “Fresh Vegetable Grade Standards”.
Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County.



Apple Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. Select an appropriate grade for the intended use. Apples should be firm to touch, have evenly distributed color according to variety, and have a characteristic apple shape. No more than 10% should have defects that make apples unusable, and no more than 1% should be affected by decay.

Measure	Diameter	Approximate Count per box
Small	2 1/4"	250
Medium	2 1/2"	185
Large	2 3/4"	135

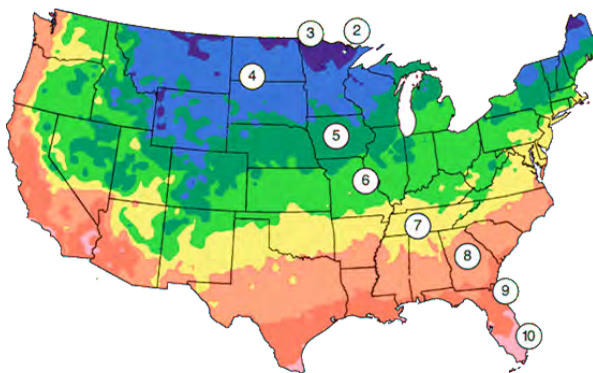
U.S. Grades

The five grades for apples are U.S. Extra Fancy, U.S. Fancy, U.S. No. 1., U.S. No. 1 Hail, and U.S. Utility. The main difference between grades is the amount of surface area that is allowed to be affected by particular defects, with U.S. Extra Fancy being the most restrictive. For apples that have a color requirement*, the amount of good red color that must be present is also a significant issue. U.S. Extra Fancy has the highest color requirement compared to the U.S. Utility, which has no color requirement.

*The apple varieties that have color requirements are Red Delicious, Red Rome, Empire, Idared, Winesap, Jonathan, Stayman, McIntosh, Cortland, Rome Beauty, Delicious, and York varieties.

Domestic Harvest

- 2, 3: July - September
- 4, 5: August - October
- 6: September - November
- 7: October - November
- 8, 9, 10: June - September



Apples are domestically available all year, with the highest volume and lowest cost typically available September through May. Many apples are held in controlled atmosphere storage after harvest for several months. The longer apples are held in storage, the more the quality may decline. Contact your county or state Cooperative Extension Office for additional details about apple production in your area.



Apple Information Sheet, continued

Receiving Guidelines

- Apples should produce a “snap” sound when cut with a knife or bitten.
- Apples should not feel soft when held in the palm of your hand and gently squeezed.
- Shape is important only if you are serving whole fruit.

Desirable Characteristics



Acceptable Color and Shape



Acceptable Scarring and Similar Injuries

Product Defects



Misshapen



Brown
Discoloration



Insect Stings &
Internal view



Bruise - External and Internal

Storing and Handling Guidelines

- Apples are best stored at 32 °F with a relative humidity of 90% and some air circulation. Under these conditions, apples are acceptable for up to 3 months. Apples stored at general refrigeration temperatures below 41 °F will have approximate shelf life of up to 20 days. Apples may be held in dry storage for up to 7 days.
- Apples will pick up odors if stored with certain foods that produce them, especially onions and potatoes.
- Store apples away from ethylene sensitive products such as bananas, broccoli, carrots, cucumbers, leafy greens, lettuce, and sweet potatoes. Apples produce ethylene.
- Wash apples under cold, running water prior to serving.
- Seal, date, and refrigerate apples immediately and use by the following day if cut on-site.
- Dip or coat sliced apples with an acidic solution of 1 part lemon juice to 3 parts water or use an appropriate commercial product according to the manufacturer’s instructions to prevent browning in apples cut on-site.
- Waxing is a normal part of apple processing and is not a food safety concern.



Broccoli Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. High quality broccoli has either a dark or bright green to purplish color with closed flower buds. Heads should be firm to hand pressure and compact. Stalks should be cleanly cut to the appropriate length for a particular grade standard or for crowns or florets. No more than 10% should have defects that make the broccoli unusable, and no more than 1% should be affected by decay.

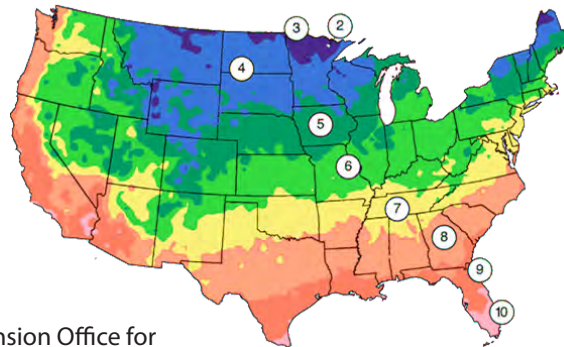
U.S. Grades

All U.S. Fancy Grades have an absolute range for diameter only, which is primarily what sets the grade apart from the others. Other U.S. Grades allow for the diameters and lengths to be specified by the customer. The broccoli shall be free from decay and damage caused by overmaturity, discoloration of bud clusters or leaves, freezing, wilting, dirt or other foreign material, disease, insects, or mechanical or other means. The bud clusters should be fairly compact.

U.S. Grade	Min. to Max Diameter	Approximate Count per box
U.S. Fancy Bunched	Not less than 2 1/2"	6 to 8 1/2"
U.S. Fancy Crowns	2 1/2" to 5"	2 1/2 to 5"
U.S. Florets	3/4" to 3"	1 to 3 1/2"
U.S. No. 1 Bunched	No requirement	5 to 9"
U.S. No. 1 Crowns	No requirement	3 1/2 to 6"
U.S. No. 1 Florets	1 to 4"	1 1/2 to 4 1/2"
U.S. No. 2 Bunched	No requirement	No requirement
U.S. No. 2 Crowns	No requirement	No requirement
U.S. No. 2 Florets	No requirement	No requirement

Domestic Harvest

2, 3, 4: August - September
 5, 6: July - November
 7, 8: October - December
 9, 10: November - April
 Available in California year round.



Check with your county or state Cooperative Extension Office for specific information regarding broccoli production in your area.



Broccoli Information Sheet, continued

Receiving Guidelines

Desirable Characteristics



- Acceptable color and shape.
- Color should be between a medium green to dark purple, with brightly colored stalks.

Product Defects



Enlarged Buds

Yellowing

Bruising

Decay Butt

Decay

- There should be no flowering visible in the florets.

Storing and Handling Guidelines

- Store broccoli ideally at 32 °F with a relative humidity of 95%. Under these conditions, broccoli is acceptable for up to 4 weeks. Broccoli stored at refrigeration temperatures between 39 to 41°F will have approximate shelf life of 5 days. Do not store broccoli in dry storage.
- Store unprocessed broccoli loosely covered to allow respiration.
- Store broccoli away from ethylene gas producing fruits and vegetables. Ethylene causes the florets to yellow and reduces the shelf life of broccoli.
- Wash broccoli under cold, running water just prior to use.
 - Broccoli quickly becomes limp and moldy in refrigeration if stored wet.
 - Use cut florets within 2 days.
- Broccoli may produce a sulfurous odor, characteristic of the vegetable. This is not a reason to discard.
- Steam broccoli in a single layer in a 2-inch perforated steam-table pan until al dente. Placing too much broccoli in a pan will result in the product on the bottom turning an olive green color.
- Cut broccoli into florets, blanch for two minutes, cool to 41 °F, package, and freeze for up to three months.



Cantaloupe Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. Select an appropriate grade for the intended use. Cantaloupes should have well defined netting and have a light green to turning yellow rind color with bright orange flesh. No more than 12% should have defects that make cantaloupes unusable, and no more than 2% should be affected by decay.

Sizing

Cantaloupes are sized according the number packed in a 40 pound box. The most typical sizes/number per box are 9, 12, 15 and 18 - with the 9 being the largest individual size and 18 the smallest.

U.S. Grades

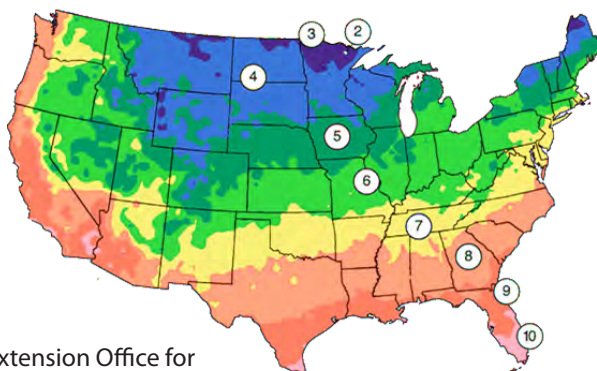
- U.S. Fancy - Well-formed, well-netted with the highest requirement (11%) for internal quality.
- U.S. No. 1* - Well-formed, well-netted with a requirement of 9% for internal quality.
- U.S. Commercial - No internal quality requirement.
- U.S. No. 2 - No internal quality requirement.

Internal quality requirement: The combined juice from the edible portion of a sample of cantaloupes selected at random contains no less than 11% (U.S. Fancy) and 9% (U.S. No.1) soluble solids as determined by an approved hand refractometer.

*U.S. No. 1 consists of cantaloupes of one type that are mature and have good internal quality but are not overripe, soft, or wilted. Cantaloupes are well-formed, well-netted, and free from decay, wet slip, and sunscald. Cantaloupes are free from damage caused by liquid in the seed cavity, sunburn, hail, dirt, surface mold or other disease, aphids or other insects, scars, cracks, sunken areas, ground spot, bruises, or mechanical or other means.

Domestic Harvest

- 2, 3, 4: August - September
- 5, 6: July - October
- 7: June - September
- 8, 9: May - July
- 10: April - June



Check with your county or state Cooperative Extension Office for specific information regarding cantaloupe production in your area.



Cantaloupe Information Sheet, continued

Receiving Guidelines

Desirable Characteristics



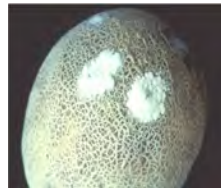
Acceptable Color and Shape

Acceptable Discoloration

Product Defects



Bruise



Mold



Sunken Areas and Scars



Decay

- No other external defect should extend into the flesh.

Storing and Handling Guidelines

- Store cantaloupes ideally at 36 to 41 °F with a relative humidity of 95%. Under these conditions, cantaloupes are acceptable for up to 3 weeks. Cantaloupes stored at refrigeration temperatures below 41 °F will have approximate shelf life of up to 5 days. Cantaloupe may be held in dry storage at temperatures below 75 °F for up to 2 days.
- Do not transport or store with ethylene gas sensitive products such as green leafy vegetables. Cantaloupes produce ethylene that may cause damage and reduce shelf life of sensitive produce.
- Avoid using whole melons that have visible signs of decay or damaged rinds (such as mechanical damage or cracking) due to the increased risk that harmful bacteria may have contaminated the melons.
- Wash the outer surface of the melon thoroughly under cold, running water. Scrub melons with a clean produce brush before cutting. Cut away any bruised or damaged areas before serving.
- Cover, date, and refrigerate cut cantaloupe. Use by the following day for best quality.
- Hold and serve cantaloupe at 41 °F. Do not store cut melon at room temperature. If possible, display cut melons in a refrigerated case, not just on top of ice. Take and record serving line temperatures.
- Discard cut cantaloupe after 2 hours in the temperature danger zone (41 °F to 135 °F).
- Check for ripeness by looking for the stem end to be hollowed inward or concave. The cantaloupe will yield to light pressure and have a sweet, musky aroma.



Carrot Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. Carrots should be brightly colored, firm, and have a cylindrical shape, diameters of 3/4" to 1 1/2" are preferred. No more than 10% of the entire order should have defects that make the carrots unusable, and no more than 1% should be affected by decay. Colored carrots and bagged processed baby carrots are not covered under any U.S. grade standard.

Measure	Length in Inches
Short	2 to 4
Finger	3 to 4
Half-long	5 to 6
Cylindrical	6 to 7
Standard	7 to 9

Carrot Types with U. S. Grades

- **Topped Carrots** have the leaves trimmed to no longer than 1" or they may be trimmed flush to the top of the carrot. This is the most common type.
- **Bunched Carrots** are marketed with the tops still attached. The tops are "full", that is not cut back unless exceeding 20".
- **Carrots with short trimmed tops** are marketed with the tops trimmed to a length of no more than 4".

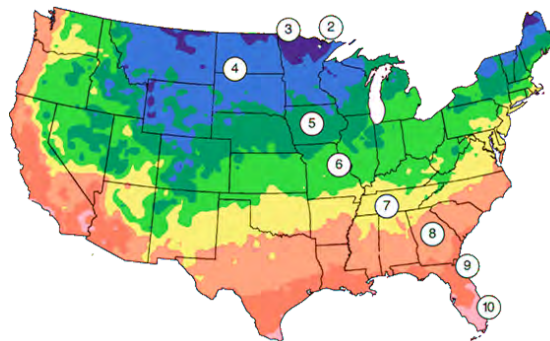
Although colored carrots do not have an official U.S. Grade, they have been shown to have similar nutritional content as their orange counterparts.

Most Common U.S. Grade

U.S. No. 1 is common to all carrot types with an established U.S. Grade. U.S. No. 1 carrots are of similar varietal characteristics with roots that are firm, fairly clean, fairly well colored, fairly smooth, well formed, free from soft rot and damage caused by freezing, growth cracks, sunburn, pithiness, woodiness, internal discoloration, oil spray, dry rot, other diseases, insects, or mechanical or other means.

Domestic Harvest

Carrots are unique because they can be harvested year around in some parts of the country, even during the winter months. Carrots are more readily available in the spring and fall months in their corresponding growing regions. Most domestic carrots for fresh use are grown in California, Colorado, and Michigan.



Check with your county or state Cooperative Extension Office for specific information regarding carrot production in your area.



Carrot Information Sheet, continued

Receiving Guidelines

Desirable Characteristics



- Acceptable color and shape.
- Slightly sweet to taste. Snap when bitten.

Product Defects



Misshapen



Growth Cracks



Fresh Crack



Insect



Dirty



Decay

- Carrots should not have rough texture or be soft to touch.

Storing and Handling Guidelines

- Store carrots ideally at 32 °F with a relative humidity of 90-95% and some air circulation. Under these conditions, carrots will be acceptable for about 4 weeks. Carrots stored at general refrigeration temperatures below 41 °F in sealed bags have approximate shelf life of 10 days. Carrots may be stored in dry storage below 75 °F for up to 4 days.
- Remove green tops to carrots prior to storage to increase shelf life because the tops will use water and drain nutritional value from the carrot.
- Store carrots away from ethylene-producing fruits and vegetables, because ethylene causes a bitter flavor in carrots.
- Wash and scrub carrots prior to use under cold, running water. To remove additional debris, gently scrape the skin using a knife.
- Blanch sliced carrots for three minutes to freeze. Cool carrots to 41 °F, package and freeze for up to three months.



Cherry/Grape Tomato Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. Select an appropriate grade for the intended use. They should have bright to dark red color, natural shine, firm, smooth-skinned and be at least pink in color. Yellow/orange fleshed tomatoes may be specified and should have a solid yellow characteristic color throughout the tomato. Cherry and grape tomatoes should be received with more than 90% of the tomatoes showing specified color. No more than 15% should have defects that make the tomatoes unusable, and no more than 5% should be affected by decay.

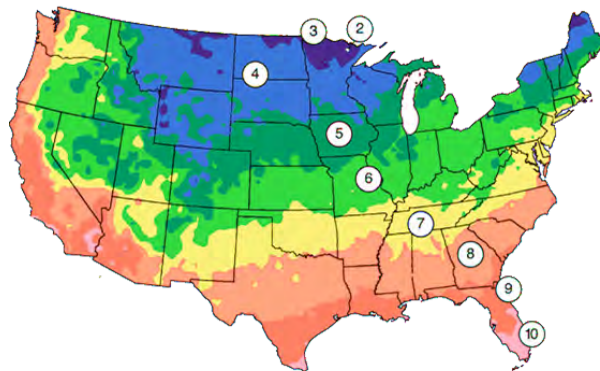
U.S. Grades

- U.S. No. 1* - Most common grade used to ship cherry and grape tomatoes.
- U.S. Combination - at least 60% of the tomatoes are U.S. No. 1 quality.
- U.S. No. 2 - Severity of defects are more than in a U.S. No. 1.

*U.S. No. 1 consists of tomatoes that have similar varietal characteristics. U.S. No. 1 tomatoes are mature, not overripe or soft, clean, well developed, fairly well formed, fairly smooth, and free from decay, freezing, sunscald, or damage by any other cause.

Domestic Harvest

- 2, 3, 4: July - August
5, 6: June - July
7, 8: April - May
9, 10: December - April



Tomatoes are grown locally year around either outside or in greenhouses in most of the United States. Greenhouse/hothouse and hydroponic tomatoes are growing steadily in popularity and available nearly year-round. The peak commercial production states are Florida and California. Between these two states there is virtually no gap in domestic production of tomatoes. Check with your county or state Cooperative Extension Office for specific information regarding tomato production in your area.



Cherry/Grape Tomato Information Sheet, continued

Receiving Guidelines

Desirable Characteristics



- Acceptable color and shape.
- Shape should return to round when squeezed between fingers slightly.

Product Defects



Insect



Discolored Areas



Poorly Colored



Scars



Decay

- Cut product should not be discolored or have off odors.

Storing and Handling Guidelines

- Store ripe cherry or grape tomatoes ideally at 45 to 60 °F with a relative humidity of 95%. Under these conditions, tomatoes will be acceptable for up to 10 days. Tomatoes stored at refrigeration temperatures below 41 °F will have approximate shelf life of 5 days. Tomatoes stored at temperatures under 75 °F will have approximate shelf life of 1 to 2 days. Storing tomatoes above 75° F is not recommended.
- Store tomatoes at room temperature for best taste. If tomatoes are refrigerated, remove them from refrigeration about 30 minutes prior to serving to regain some of their original flavor.
- Store tomatoes away from ethylene gas sensitive produce such as lettuce and other leafy greens. Tomatoes are ethylene producers and may cause damage and reduce shelf life.
- Wash tomatoes under running water that is ten degrees warmer than the tomatoes to prevent infusion of potential bacterial contaminants.
- Cover, date, and refrigerate cut tomatoes. Use by the following day for best quality.
- Hold and serve cut tomatoes at 41 °F. Do not store cut tomatoes at room temperature. Take and record serving line temperatures of cut tomatoes.
- Discard cut tomatoes after 2 hours in the temperature danger zone (41 °F to 135 °F).



Lettuce Information Sheet

Purchasing Specifications

Specification should state grade, type, size, and quantity. Lettuce should have a light to dark green color and be bright and crisp. Depending on variety and type, lettuce also may have a reddish to dark burgundy appearance on the outer leaves. Any variety or type of lettuce should have not more than 12% defects that make lettuce unusable, and no more than 3% should be affected by decay. Romaine-type lettuce shall have not more than 10% and 2%, respectively. If lettuce is purchased in sealed bags, it should be unwashed and display the same characteristics as loose product.

Lettuce Varieties with U.S. Grades

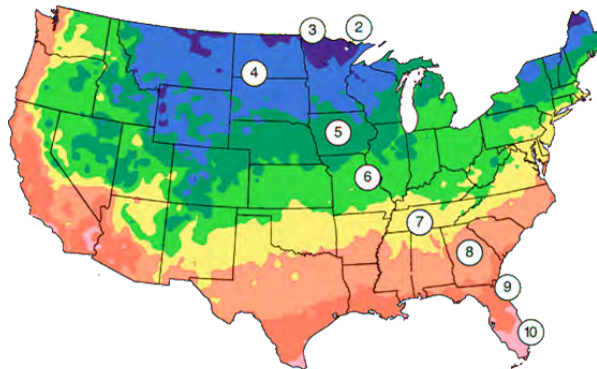
- Lettuce - Includes Iceberg (very compact head), Boston, and Bibb types (loosely compacted heads).
- Field Grown Leaf Lettuce - Most common are red leaf and green leaf with loosely compacted heads.
- Romaine - Generally the longer and broad green leaf type with a whitish sweet core.
- Greenhouse Leaf Lettuce - Includes the varieties of field lettuce grown in a controlled atmosphere.

Most Common U.S. Grades

U.S. No. 1 is common to all the lettuce varieties and types, and is considered the standard for commercial use. U.S. No. 1 consists of lettuce of similar varietal characteristics that are well developed, fairly well trimmed, free from decay, doubles, and freezing. U.S. No. 1 lettuce should be free from damage by broken midribs, bruising, dirt or foreign material, discoloration, downy mildew, seedstems, tipburn, watersoaked, yellowing, insects, worms, or mechanical or other means.

Domestic Harvest

- 2, 3: July - September
- 4, 5: August - October
- 6: September - November
- 7: October - November
- 8, 9, 10: June - September



Many lettuce varieties are grown throughout the United States and are harvested at varying times throughout the year, making year-round locally available lettuce possible. Check with your county or state Cooperative Extension Office for specific information regarding lettuce production in your area.



Lettuce Information Sheet, continued

Receiving Guidelines

Desirable Characteristics



Iceberg



Red Leaf



Butter (Bibb)



Romaine



Romaine Hearts

- Color should be bright and product crisp.

Product Defects



Russet Spots



Discoloration



Peeling/Feathering



Downey Mildew



Decay

- Lettuce should not be flabby or wilted.

Storing and Handling Guidelines

- Store lettuce ideally as close to 32 °F as possible with a relative humidity of 98 to 100% and some air circulation. Lettuce stored at refrigeration temperatures closer to 41 °F and below has an approximate shelf life of 5 days. Do not freeze lettuce. Do not store lettuce in dry storage areas.
- Store lettuce in air tight containers for maximum shelf life.
- Store lettuce away from ethylene gas producing items such as apples, grapes and berries because lettuce is extremely sensitive to ethylene and will develop russet spotting and soft rot within 24 hours.
- Store, hold, and serve lettuce at 41 °F degrees or below at all times. Do not allow direct contact with ice at any time during storing, handling, or serving.
- Use lettuce as soon as possible because it is a very perishable product. Avoid using leafy greens with visible signs of decay or damage. Remove unusable portions or discard entire head.
- Wash lettuce just prior to serving under cold, running water. Strip outer coarse leaves from heads prior to washing. Do not immerse or allow to soak in water. Separate the leaves of Romaine during washing to remove sand and debris.
- Do not wash lettuce that has been labeled pre-washed.
- Add lettuce to soups or stews during the last 3 to 5 minutes of cooking if it has passed its peak quality.



Strawberry Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. Select an appropriate grade for the intended use. Strawberries should have a bright red color, natural shine and fresh looking green Calyx (cap). No more than 10% should have defects that make strawberries unusable, and no more than 2% should be affected by decay.

Measure	Diameter	Approximate Count per 1 LB Container
Small	3/4" to 1"	30
Medium	1" to 1 1/4"	25
Large	Over 1 1/4"	20

U.S. Grades

- U.S. No. 1* - 75% of berry surface must be red or pink in color; should not be less than 3/4" in diameter.
- U.S. Combination - 80% of the strawberries must be U.S. No. 1 quality.
- U.S. No. 2 - 50% of berry surface must be red or pink in color; should not be less than 5/8" in diameter.

Notes:

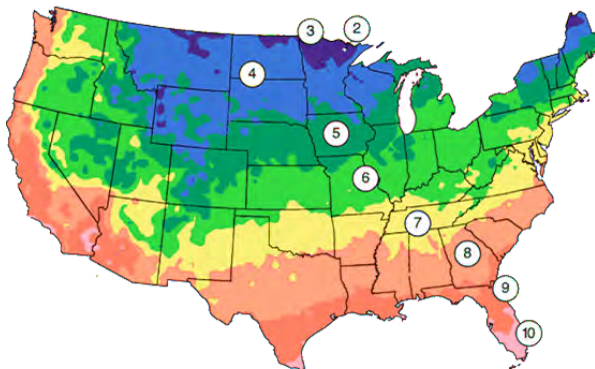
Strawberries are picked at their peak and do not ripen after harvesting.
Strawberries without caps are considered a defect in the U.S. No. 1 grade.

*U.S. No. 1 consists of strawberries of one variety or similar varietal characteristics with the cap (calyx) attached. U.S. No. 1 strawberries are firm, not overripe or undeveloped, and free from mold or decay. Strawberries are free from damage caused by dirt, moisture, foreign matter, disease, insects, or mechanical or other means. Each strawberry has a pink or red color on not less than 3/4 of its surface.

Domestic Harvest

- 2, 3, 4: July - August
5, 6: June - July
7, 8: April - May
9, 10: December - April

*California available year around.



Check with your county or state Cooperative Extension Office for specific information regarding strawberry production in your area.



Strawberry Information Sheet, continued

Receiving Guidelines

Desirable Characteristics



Acceptable Calyx

- Acceptable color and shape.
- Strawberries should be sweet to taste with no off odor.

Product Defects



Bruise



Insect



Misshapen



Poorly Colored



Decay

- Strawberry flesh should not feel mushy or stringy.

Storing and Handling Guidelines

- Store strawberries ideally at 32 °F with a relative humidity of 95%. Under these conditions, strawberries are acceptable for up to 2 weeks. Strawberries stored at general refrigeration temperatures below 41°F will have an approximate shelf life of 3 days. Strawberries may be held in dry storage for up to 24 hours.
- Store with any refrigerated produce. Strawberries are not ethylene producers or ethylene sensitive.
- Check each package visually, making sure there are no signs of mold growth. If one berry is moldy, mold spores will have traveled to surrounding berries. Discard berries with mold and any adjacent berries to prevent further mold contamination and loss.
- Wash berries under cold, running water just before use. Do not remove Calyx (cap) prior to washing to prevent the loss of juice and reduce the amount of water absorbed, which may dilute the berry flavor.
- Seal, date, and refrigerate cut berries immediately. Use by the following day.
- Freeze whole, sliced, diced, or crushed strawberries by removing the Calyx (cap) and adding a small amount of lemon juice to the berries just prior to freezing to reduce vitamin C loss.



Summer Squash Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. Select an appropriate grade for the intended use. Squash should have well defined color for variety, feel heavy for its size, and skin should be fully intact with very little discoloration. No more than 10% should have defects that make the squash unusable, and no more than 1% should be affected by decay.

Identification

Summer squash is harvested when tender and still immature. The skin is very soft and seeds and skin are typically edible if squash is not over mature. They are usually separated into straight or crookneck varieties, with patty pan, zucchini, and yellow crook neck the most popular. Winter type squash has similar requirements as summer type but are very different in appearance and typical use. Winter squash typically has hard outer skin and inedible seeds.

U.S. Grades

- U.S. No. 1* - Requires younger and more tender squash than the U.S. No. 2.
- U.S. No. 2 - Permitted to be more mature and allows greater surface area to be affected by defects.

*U.S. No. 1 consists of squash of one variety or similar varietal characteristics, with stems or portions of stems attached. Squash is fairly young and tender, fairly well formed, and firm. It is free from decay and breakdown, and from damage caused by discoloration, cuts, bruises and scars, freezing, dirt or other foreign material, disease, insects, or mechanical or other means.

Domestic Harvest

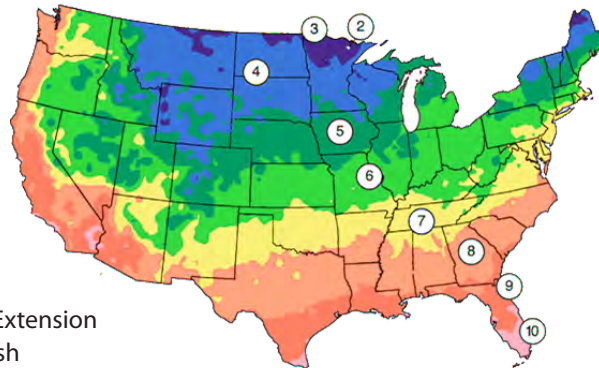
2, 3, 4: July -September

5, 6, 7: June - August

7: June - September

8: May - September

9,10: October - June



Check with your county or state Cooperative Extension Office for specific information regarding squash production in your area.



Summer Squash Information Sheet, continued

Receiving Guidelines

Desirable Characteristics



- Acceptable color and shape.
- All varieties of squash should be firm to touch.

Product Defects



Bruise



Discoloration



Sunken/Discolored



Scuffing



Scars



Decay

- External defects should not extend into or blemish the flesh.

Storing and Handling Guidelines

- Store squash ideally between 41 to 50 °F with a relative humidity of 95%. Under these conditions, squash is acceptable for up to 2 weeks. Squash stored at refrigeration temperatures of 41 °F should have a shelf life of 4 days. Summer squash is subject to chilling injury if held at temperatures below 41 °F for more than 2 days. Do not store squash in dry storage areas.
- Avoid storing squash with ethylene gas producing fruits and vegetables. Ethylene may cause yellowing of zucchini, and reduce the shelf life of squash.
- Remove the blossom and stem end prior to storing. If both are removed without cutting into the flesh it will delay the onset of certain bacterial diseases that cause decay.
- Scrub thoroughly each squash under cold, running water until the skin feels clean, and any grit or debris is removed. Peel the squash if the skin is unusually tough or the surface feels especially gritty after washing and scrubbing.
- Cover, date, and refrigerate sliced summer squash immediately. Use within 24 hours for optimum quality and freshness.
- Slice the squash, blanch for two minutes, quickly cool to 41 °F, package, and freeze for up to three months.



Watermelon Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. Watermelons should be firm and symmetrical. The underside of the watermelon should have a creamy yellow spot from where it sat on the ground to ripen. No more than 12% should have defects that make watermelons unusable, and no more than 2% should be affected by decay.

Measure	Weight in Pounds
Small	Up to 12
Medium	12 to 20
Large	Over 20

U.S. Grades

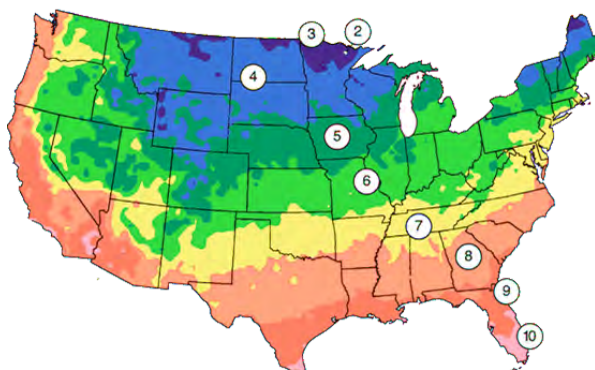
- U.S. Fancy - Very few defects are permitted.
- U.S. No. 1* - Greater number of defects permitted compared to the U.S. Fancy Grade.
- U.S. No. 2 - Greater areas of defects are allowed compared to higher grades; off-shape is permitted.
- Watermelons can be round or oblong. Round watermelon is more common commercially.
- The most common varieties of watermelons are Jubilee and Crimson Sweet.
- Seedless watermelons have fewer than 10 mature (brown to black) seeds visible when the watermelon is cut into 4 equal pieces.

*U.S. No. 1 consists of watermelons that are mature, have similar varietal characteristics, are fairly well formed, and are not overripe. Watermelons should be free from sunken lesions, decay, sunscald, and damage by other means.

Domestic Harvest

- 2, 3, 4: August
- 5, 6: July - August
- 7, 8: June - July
- 9, 10: April - July

*California available year around.



Domestic harvest begins in April and will continue through October in a few of the southern states, with the greatest crop yield in the summer months. Check with your county or state Cooperative Extension Office for specific information regarding watermelon production in your area.



Watermelon Information Sheet, continued

Receiving Guidelines

Desirable Characteristics



- Acceptable color, shape, striping, and ground spot.
- Watermelons should be sweet to taste and have a uniform pinkish to red flesh color.

Product Defects



Overripe



Hollow Heart



Bruise



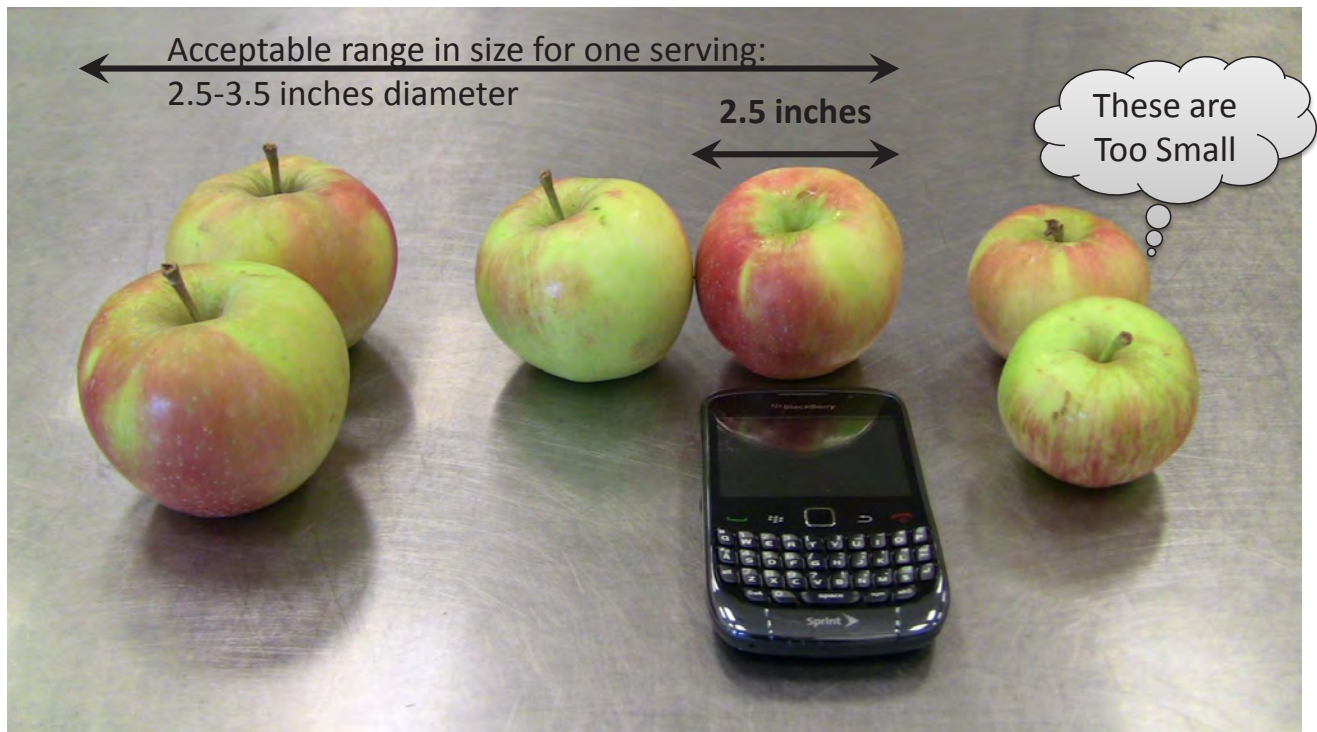
Decay

- Watermelon flesh should not feel mushy or stringy.

Storing and Handling Guidelines

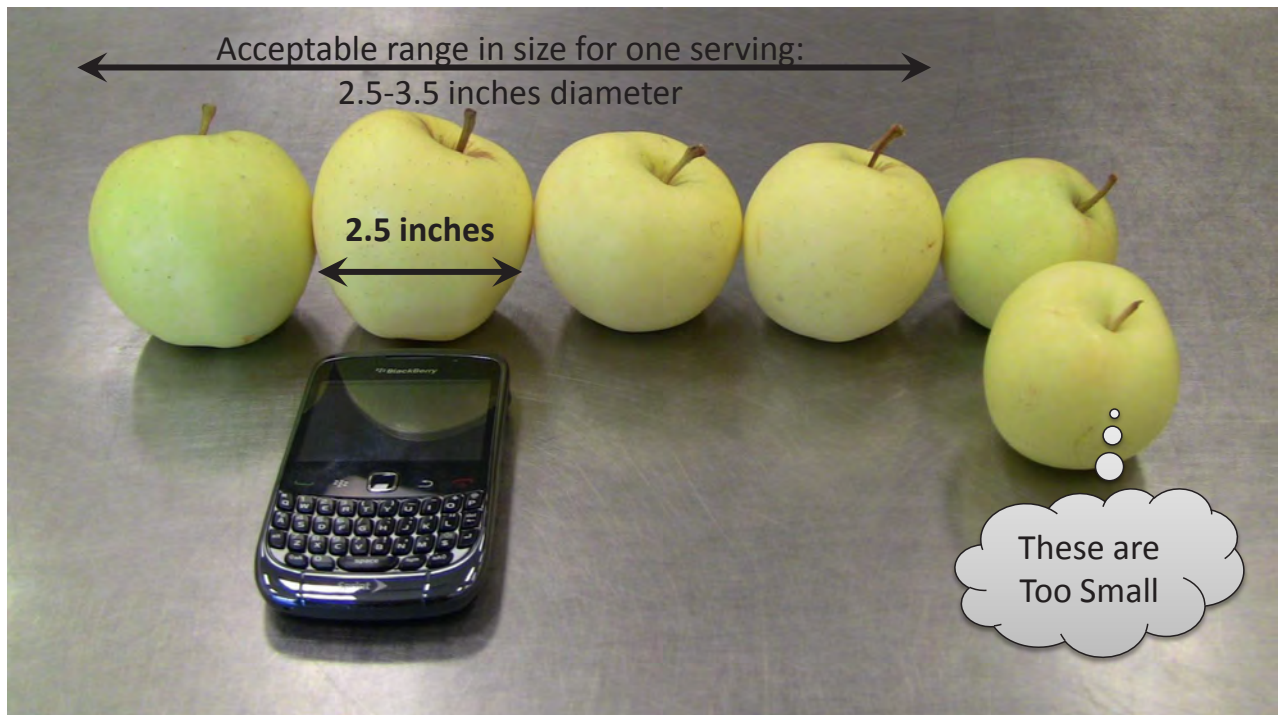
- Watermelon stored at 50 to 60 °F with a relative humidity of 90% will be acceptable for up to 3 weeks. Watermelons held in dry storage below 75 °F will have approximate shelf life of up to 10 days. If dry storage temperatures are above 75 °F, shelf life will decline to 5 days. At temperatures between 32 and 45 °F, watermelons are subject to chilling injury that may result in pitting, off-flavors, and color loss.
- Watermelons may become mushy and shelf life may be reduced when exposed to ethylene gas producing fruit such as apples, stone fruits, and grapes.
- Store watermelons at 41 °F or below for up to 24 hours prior to cutting to reduce the amount of time it takes cut melon to cool to 41 °F.
- Whole melons with visible signs of decay or damaged rinds (such as mechanical damage or cracking) have an increased risk of containing harmful bacteria.
- Wash the outer surface of the watermelon thoroughly under cool, running tap water. Scrub melons with a clean produce brush before cutting. Cut away any bruised or damaged areas before serving.
- Cover, date, and refrigerate cut watermelon. Use by the following day for best quality.
- Hold and serve watermelon at 41 °F. Do not store cut watermelon at room temperature. If possible, display cut melons in a refrigerated case, not just on top of ice. Take and record serving line temperatures.
- Discard cut watermelon after 2 hours in the temperature danger zone (41 °F to 135 °F).

Serving Size for Students



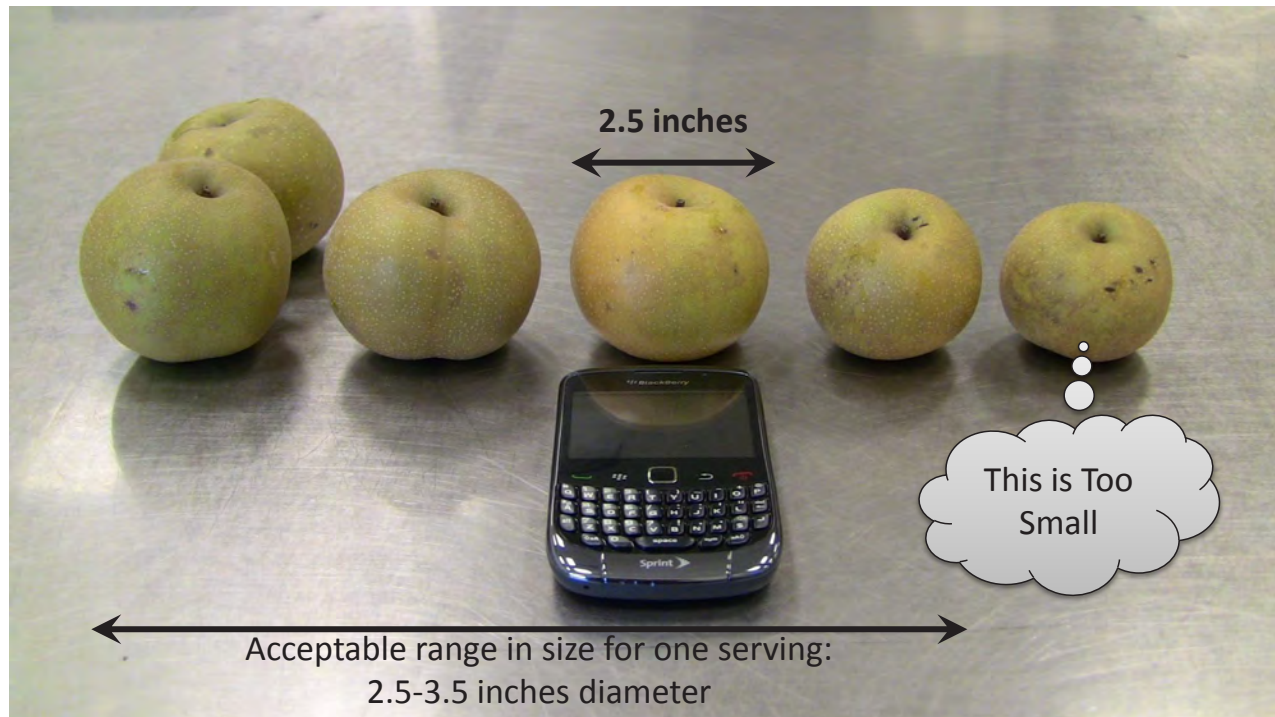
Cameo Apple

Serving Size for Students



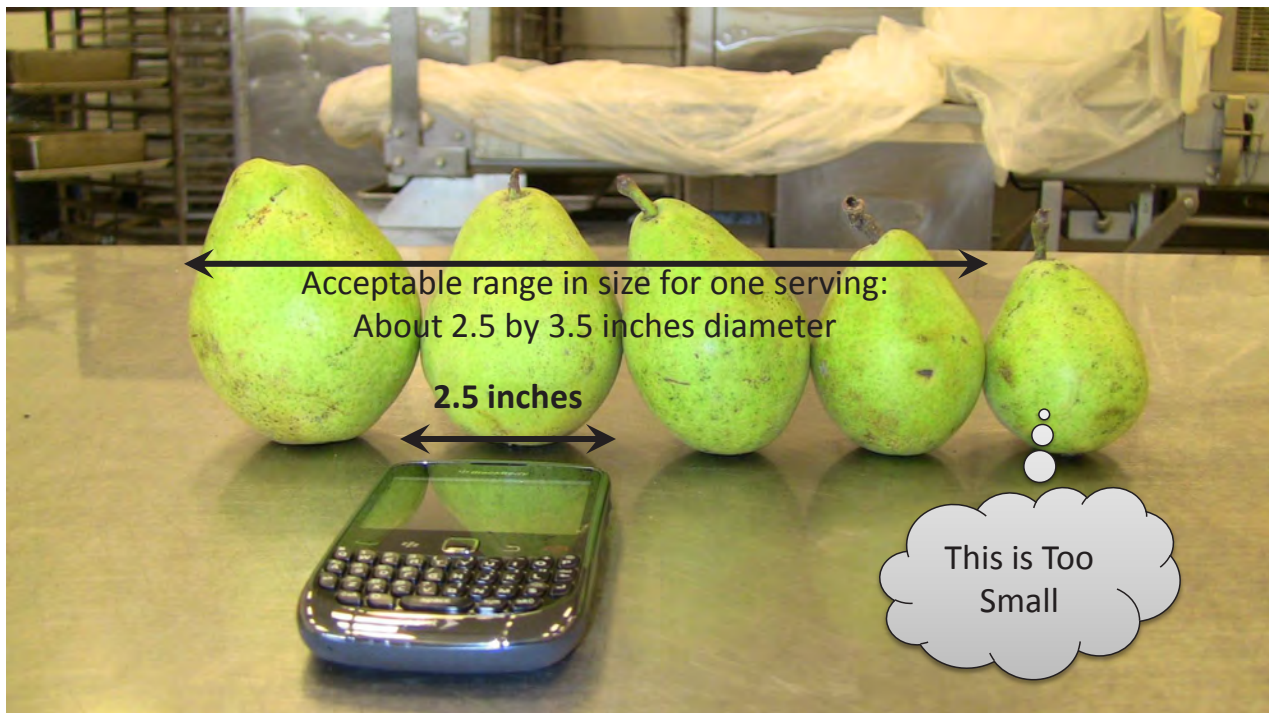
Golden Supreme Apple

Serving Size for Students



Asian Pear

Serving Size for Students



D'Anjou Pear

Serving Size for Students



Italian Plum